

# ACTIVE OLDER ADULT DROP-IN SCHEDULE

SPRING 2016 | APR 3 – JUL 2

FACILITY HOURS ON STATUTORY HOLIDAYS: 8AM TO 8PM

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	7AM-9:30PM	5:15AM-10PM	5:15AM-10PM	5:15AM-10PM	5:15AM-10PM	5:15AM-10PM	7AM-9:30PM
FITNESS CENTRE	7AM-10PM	5:15AM-10:30PM	5:15AM-10:30PM	5:15AM-10:30PM	5:15AM-10:30PM	5:15AM-10:30PM	7AM-10PM

## DROP-IN DRYLAND SCHEDULE

ACTIVITY & ROOM	SUN	MON	TUE	WED	THU	FRI	SAT
LIVING FIT		9:15-10:15AM (PS)		9:15-10:15AM (FH)		9:15-10:15AM (PS)	
PILATES CORE (PS)			12-1PM	11AM-12PM			
YOGA (PS)		7-8PM				12:10-1:10PM	
YOGA-ENDURANCE (PS)					9:30-11AM		
YOGA-PLUS (PS)	3:30-4:45PM	10:45-12PM	6:30-7:45PM				2-3:15PM
YOGA-YIN (PS)			2-3PM		6:30-7:45PM		
YOGA/PILATES FUSION (PS)					12-1PM		

## ROOM DESCRIPTIONS

FH: FIELD HOUSE PS: PROGRAM STUDIO

## DROP-IN AQUATIC SCHEDULE

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
LANE SWIM 50M	**	**	**	**	**	**	**
LANE SWIM 25M	**	**	**	**	**	**	**
SHALLOW WATER AQUAFIT		10-11AM		10-11AM		10-11AM	

## ACTIVITY DESCRIPTIONS

*Our regular classes run for a duration of 60 minutes. We also provide "Plus" and "Endurance" classes which enhance relaxation, strength, core, or flexibility.*

LANE SWIM	ALL AGES WELCOME. A fitness oriented swim with lanes committed to swimming laps. Number of available 25m and 50m lanes may change weekly – please see current Kinsmen Sports Centre weekly schedule online for accurate information. <a href="http://www.edmonton.ca/attractions_recreation/sport_recreation/kinsmen-sports-centre.aspx">http://www.edmonton.ca/attractions_recreation/sport_recreation/kinsmen-sports-centre.aspx</a>
LIVING FIT	A variety of cardio and resistance exercises specifically designed for the active older adult.
PILATES CORE (PS)	Classic Pilates exercises done on the mat with emphasis on core strength and stretching. This class will help you get sculpted abs as well as improve your posture, spinal mobility, balance and flexibility. All levels welcome.
SHALLOW WATER AQUAFIT	Get fit! Aquafit is a fun and energetic aerobic exercise class that uses the water for resistance. Low to zero impact is easy on bones and joints. A one-hour class set to music and taught by certified instructors. Work at your own pace, no swimming skills required.
YOGA (PS)	Achieve a heightened level of body awareness, strength and flexibility. This yoga class is specifically designed to incorporate all levels of Yoga – everyone welcome! Yoga mats are not provided.
YOGA-YIN (PS)	Explore gentle yoga poses coupled with an introduction to the popular style of Yin Yoga. This slow paced style of yoga focuses on the body's connective tissues; bones, ligaments and tendons, to increase circulation in the joints and improve overall flexibility. Suitable for all levels. Yoga mats are not provided.
YOGA/PILATES FUSION (PS)	Increase your stability, strength, and flexibility while improving your mind-body connection with the combination of Yoga and Pilates. Yoga/Pilates mats are not provided.

Revised: March 18, 2016